

## **INFORMATION ON BLESSED WATERS**

Blessed Waters and homeopathics are energetic in nature. They help the body find and correct energetic patterns that are setting up some sort of physical or mental illness or imbalance. They operate on a "like cures like" healing pattern, so when looking for a homeopathic, you need to match the symptoms you are experiencing with the Remedy most like it.

A Blessed Water, or homeopathic, is like a flagman on the highway. It calls attention to symptoms. The Remedy goes into the body saying "I'm looking for these symptoms, and when I find them, I'm going to tell the body that THIS is what you're supposed to be working on. (Like a nudge in the right direction.) The body then says "Oh, I see that now," and starts to fix that problem. PAY ATTENTION!! When your symptoms change, you will stop taking that particular Remedy. If you don't stop taking the Remedy, then your body gets confused and thinks it needs to CREATE those symptoms. The result? You will, once again, display those symptoms. This is called "proving" the Remedy. Basically, this means that when your energy system could no longer find the symptoms requested by giving it that particular Remedy, and it created them for you. (You must pay attention to your symptoms.) A good source to learn about Blessed Waters are the books [Butterfly Miracles with Homeopathic Remedies, books I and II](#), which are sold by Butterfly Express LLC.

### **WHEN DO I NEED A BLESSED WATER?**

Blessed Water/Homeopathic remedies are amazing healers! However, they are not an excuses for ignoring basic rules for health and well-being. If our diet needs tweaking, if our sleep habits need adjusting, or if our methods of handling stress need to be improved—these are things WE HAVE CONTROL OVER. If we are not doing as we know we should be doing, we should make the necessary changes and we should do so NOW! Blessed Water/Homeopathic remedies are NOT substitutes for good health practices.

Blessed Water/Homeopathics can both 'fine-tune' our bodies for maximum health and they can assist us in recovering from serious illnesses and chronic conditions. They are, truly, the "BIG GUNS" of alternative modalities. Blessed Waters/Homeopathics operate on a "like cures like" principal. If we have been careful to match our symptoms with the picture of the remedy, they work quickly and deeply.

### **CHOOSING A BLESSED WATER**

The Butterfly Miracles with Homeopathic Remedies I and II books can be very helpful. Book I discusses homeopathic principles in-depth. Both books list ailments and possible remedy matches. Book II will be most helpful choosing low-potency combination remedies. This book also explains which singles make up those combinations and provides a small description of their symptom pictures. Book I is devoted to the use of higher-potency remedies. There is a place for both in healing.

The purchase of a Materia Medica/Remedy Guide will give you a wealth of information about the symptom pictures of more than a thousand remedies. You can also google "homeopathic remedy for" and the internet will give you numerous suggestions for whatever you are dealing with. You must take the time to study each remedy carefully before making your decision.

## **DOSAGE**

Since Blessed Waters are energetic in nature, it doesn't really matter how much or how little you take at one time, but for practical purposes and clarity, 5-10 drops are sufficient. The easiest way to take a Blessed Water is to use a small glass or dixie cup, put a few tablespoons of water in it (one swallow of water) and add 5-10 drops of the Remedy to it. Swish it around a little and then swallow it down. The glass then gets washed. It is not to be set aside or inadvertently shared with any other family members (lest they get a dose too!) The dixie cup can be crushed and discarded, preventing the inadvertent sharing of the remedies with family members.

## **HOW OFTEN TO TAKE**

Muscle testing is a valuable tool for determining how often to take a blessed water or homeopathic. For more information see the blog on muscle testing created by Butterfly Expressions LLC. Blessed Waters are graded into potencies. A low potency Remedy, like a flower essence, gem essence, or combination, can be taken pretty much "as needed." These potencies range from 6X to 15X and there is little danger of "proving" the remedy or overdosing. I like to take these remedies three or four times a day spacing the doses about 20 minutes apart. Remember these remedies are energetic and are gentle in their directions to the body. (Think of a hug—encouragement—telling you that you can do this.)

A slightly higher potency, such as 30C, means that instead of a gentle nudge, the wakeup call is more insistent. (Think of your mother firmly telling you to get your chores done.) 30C remedies should be taken no more than twice a day for few days and then take a break. Once a day is often sufficient. Keeping a close eye on symptoms, watching for a return of old symptoms instead of the improvement that had been occurring, is the best guide for how often and how long to take the same remedy.

A still higher potency, such as 200C means that the wakeup call is getting even more insistent. (Think of a policeman pulling you over on the highway.) He will issue a stronger command than your mother did (the 30C remedy). 200C remedies are usually taken about a week apart. They can be taken sooner if healing seems to have 'stalled out' rather than progressing nicely. Remember, the return of symptoms that have previously improved is a sure sign that the remedy is being taken too often. The appearance of new symptoms is an indication that an evaluation of similar remedies needs to occur and a different remedy chosen.

There are higher potencies available. Butterfly Express LLC, does not sell these higher potencies (as a general rule). If you have taken a homeopathic class, or understand energy, you can "move" the energy of a particular dose to whatever potency is needed. **BE VERY CAREFUL HERE! IT IS ESSENTIAL THAT A PERSON UNDERSTANDS WHAT IS BEING ACCOMPLISHED HERE AND UNDERSTANDS BASIC ENERGY PRINCIPLES BEFORE ATTEMPTING THIS. IT IS A VALUABLE SKILL ONCE IT IS MASTERED.** Butterfly Express takes no responsibility for your misuse of Blessed Waters. Antidotes for each remedy are available and effective. Once again, education is a valuable tool.